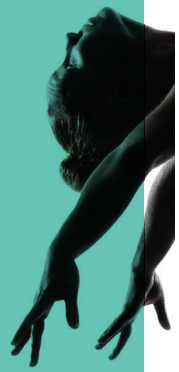
kyrobak

Relief. At Last.

User Manual

For an effective treatment,
read the entire User Manual
before using Kyrobak.



kyrobak

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Know Your Kyrobak

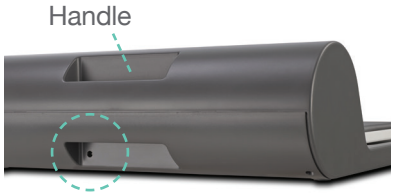
Kyrobak is a revolutionary home-use device, clinically proven to treat non-specific lower back pain using Continuous Passive Motion (CPM). This non-invasive, gentle approach provides you with a simple, relaxing method to treat your pain. All you need is 10 minutes a day. Lie back, relax and leave the rest to Kyrobak.

What's Included

Kyrobak Device

Power Supply

Device Features



Power Supply Connection

On/Off + Treatment Speed Button

Safety Instructions

Warnings

- Do not use without clothing.
- Do not use in a wet or damp place.
- Do not use on a moving surface like a waterbed.
- Do not cover yourself with a blanket or any other cover during treatment.
- Keep your hands away from all moving parts during treatment.
- Keep out of reach of children.
- Do not stand or jump on the device.
- Only use this device for its intended purpose and as described in this User Manual.
- Do not smoke during treatment.
- Do not eat or drink during treatment.

Cautions

- Do not reach for a device that has fallen into water while it is plugged in.
- Unplug the Power Supply from the main source of power before removing it from the water.
- Do not place or store this device near water or other liquids.
- This device should never be left unattended while plugged in.
- Keep the area around the Power Supply clear, with nothing on or underneath it.
- Do not use the Power Supply if the cord or plug is damaged in any way.
- Do not use this device near or rest it on flammable objects such as paper or cloth, etc.
- Always unplug the Power Supply from the electrical outlet immediately after use.
- This device should only be used with the supplied Power Supply.
- Always turn off this device when you have finished using it.
- Do not open the outer casing of the Unit.
  This might harm the Unit and will void any warranty.

Before You Start

Kyrobak is only for people who suffer from non-specific lower back pain. If you have been diagnosed with, or have any of the following conditions, this product is not for you.

Contraindications: DO NOT USE:

- If you have had any back surgery, including spinal fusion.
- If you have acute Lower Back Pain (*LBP*).
- If you have Listhesis (*spinal misalignment of grade II and above*).
- If you have orthostatic hypotension (*dizziness upon standing suddenly*).
- If you have irradiating pain to the leg/s.
- If you have a slipped disc.
- If there is central pressure on the spinal cord that results in the following symptoms: urinary problems, numbness in both legs and/or loss of balance.
- If you have systemic rheumatic disorders *(i.e. rheumatoid arthritis, lupus*).
- If you have hip or knee symptomatic osteoarthritis.
- If you are unable to get up from the floor without help.
- If you have psychiatric disorders.
- If you are under 18.
- If you are pregnant.
- If you weigh over 120 kg/265 lbs.

Please consult a physician before using Kyrobak:

- If you are suffering from low back pain with evidence of underlying disease or abnormalities.
- If your back pain is induced by a recognized, suspected or impending fracture.
- If you suffer from any form of developing or new neurological deficit.

How to Use Kyrobak

1. Connect power supply into the Kyrobak unit.

2. Plug power supply into a household outlet.

Getting Started

- Wear comfortable clothing that covers your lower back.
- Set up in a quiet place close to a power outlet with enough room to lie down comfortably.
- Place Kyrobak on the floor, bed, couch or any other smooth, flat surface. When using the device on the floor, you can place it on a rug or mat.

Treatment Regimen

We recommend you use Kyrobak for one 10 minute treatment per day. You can use it up to 3 times a day, but wait at least 4-6 hours between each treatment.

How to Use Kyrobak

Getting in the right position is the key to an effective treatment

1. Carefully Sit in the Center of the Cushion

Make sure

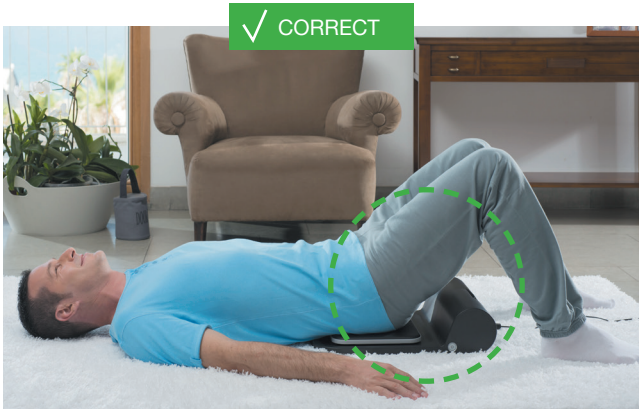
- Your legs are facing the cylinder shaped side of the device.
- Your buttocks are positioned in the center of the Cushion.

2. Lie Down

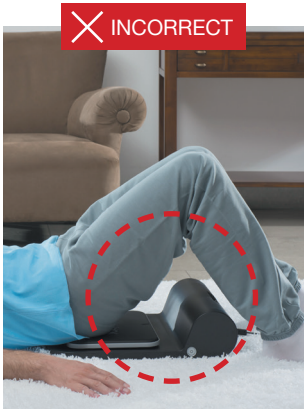
Make sure

- Your buttocks are positioned in the center of the Cushion.
- Your body is straight, without slanting to one side or the other.
- Your back and upper body are on the floor.

Correct Pelvic Position



Incorrect Pelvic Position



!

It is a natural instinct to scoot down a bit when lying down. If this happens, just scoot yourself right back into place with your buttocks squarely in the center of the cushion.

How to Use Kyrobak

Leg Position

Your legs can be positioned in two ways:

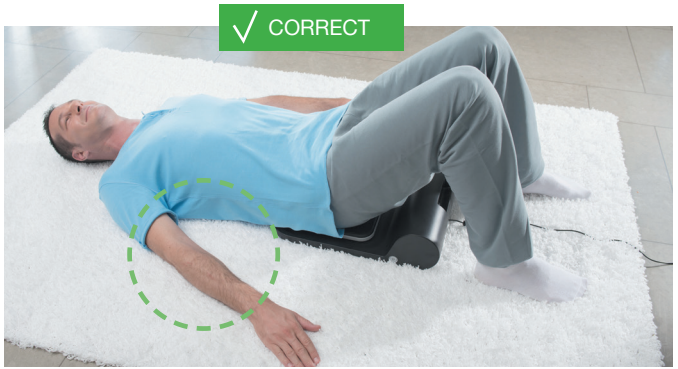
Position 1

Legs bent at a 30º to 45º angle with the feet flat on the floor.

Position 2

Legs elevated on a chair with the thighs at a 90º angle from the floor.

Correct Arm Position



Incorrect Arm Position

Arm Position

Position your arms loosely at your sides at a 30° to 45° angle from your body.

! **Do not touch the device with your arms or hands.**

Head and Neck Support

If you feel discomfort in your head or neck, place a small, soft pillow under your neck and head. Remember to keep your body straight with your hands at your sides.

Operating Your Kyrobak

1. Turn the Device On

Press the On/Off Button until the device begins to gently rotate. (a)

2. Set the Treatment Speed

Set the desired speed by pressing the On/Off button after the Unit has turned on. (b)

- The default speed is Low.
- Push the On/Off button again to go Medium.
- Push the On/Off button again to go to High.
- One more push of the button will return the device to the default setting of Low.

! The first time you use Kyrobak, stay at least one minute on each speed before going to the next. Stay at the speed that is most comfortable for you. The next time you use Kyrobak, you can start at the last speed used during your previous treatment.

c

d

When you are finished, unplug Kyrobak and store it in a safe, dry place, away from children and pets.

!

3. Begin Treatment

With your arms at your side at a 30° to 45° angle from the body, lie back and relax. You will feel gentle, continuous movement in your pelvis area. If at any point during the treatment you feel your body shifting to one side of the device, you should realign your pelvis to the center of the Cushion and continue the treatment. After 10 minutes, the treatment will automatically stop and the device will shut down. To stop the treatment for any reason, hold down the On/Off button until the device stops moving and turns off.

4. End Treatment

When the treatment is complete and Kyrobak stops moving, it is recommended to relax for one or two minutes before getting up. To get up, gently roll onto one side (c) and then, using your elbows as support, push yourself into a sitting position and stand up. (d)

Important

- Positioning yourself correctly on the device is the key to an effective treatment.
- Kyrobak uses a very gentle movement on the lower back. This gentle movement is clinically proven to alleviate lower back pain.
- Kyrobak treats lower back pain and provides a lasting effect. However, you may not feel an immediate alleviation of pain right after the first time you use Kyrobak. The more you use the device, the more relief you should experience.

Troubleshooting

If Kyrobak does not start:

- Disconnect the Power Supply from both ends, wait 2 minutes, plug it in and try again.
- Make sure the cable is connected securely to the device.
- Make sure the Power Supply is connected securely to the electrical outlet.
- Make sure the electrical outlet is working properly.
- Press the On/Off button down for an extended time until the unit turns on.
- In rare cases, the On/Off button will appear to be blinking when the device is turned on. This is an indication that the device is faulty and that customer service should be contacted.

Technical Specifications

Product Labels & Symbols

This section describes the labels affixed to the Kyrobak and found in the user manual. It is recommended that users review the meaning of these labels for everyday usage, and in case any details are needed for service. The table below briefly reviews a number of the internationally recognized symbols that are found on the Kyrobak main Unit and its external package.

Weight: 3.15 kg
Physical Dimensions:
12 x 45 x 39 cm (w/d/h)

Label	Explanation
	Located at the bottom of the device.
	Indicates the need to consult instructions for use.
	Manufacturer
EC REP	Indicates the Authorized Representative in the European Community
	Indicates the temperature limitation.
	Degree of protection against electric shock: Type BF applied part
CE	CE mark represents the compliance to the European Low Voltage Directive 2006/95/EC and the Electromagnetic Compatibility Directive 2004/108/EC.
	Protect the environment by not disposing of this product with household waste (2002/96/EC). Check your local authority for recycling advice and facilities (Europe only).
REF	Catalogue Number: Indicates the manufacturer›s catalogue number so that the device can be identified.
SN	Serial Number: Indicates he manufacturer›s serial number so that a specific device can be identified.

Label	Explanation
	The package may be recycled.
IP21	IP21 according to IEC60529, Degrees of Protection Provided by Enclosures (IP Code).

Technical Specifications		
Treatment Time	10 minutes	
Classification		Internally Powered Equipment, Type BF
Mode of Operation	Continuous	
Transport and Storage Conditions	Temperature: -25° C to 70°C Humidity: 0-93% RH	
Electrical Requirements	9-12Vdc, 3A Max from an AC/DC adaptor In: 100-240Vac, 50/60Hz, 71-99VA, 0.9A	
Operating Conditions	Temperature	5° C 40° C
	Humidity:	15%-93% RH
	Atmospheric pressure:	700 hPa to 1060 hPa.

Service Centers

You are allowed to perform only the servicing listed in this User Manual.
Radiancy is responsible for the effects on safety, reliability and performance of the equipment only if repairs are carried out by Radiancy authorized personnel.

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+1 888.661.2220
+1 845.398.1647

Customer Support
888.998.4713

International Standards

Electrical Safety:
Power Supply: double insulation
This appliance is not suitable for use in the presence of flammable anesthetic mixture with air or with Oxygen or Nitrous Oxide. The Quality Management System of Radiancy Ltd. complies with the Quality Management Standard EN ISO 13485. Kyrobak complies with the following international standards and directives: General Requirements for Basic Safety and Essential Performance, 3rd Ed.: IEC60601-1:2005/EN60601-1:2006
Electromagnetic Compatibility:
IEC 60601-1-2:2007

Electromagnetic Compatibility Kyrobak requires special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in this document.
FCC, Class B This equipment has been tested and found to comply with the limits for a Class B digital device pursuant to Part 15 of the FCC Rules. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the manufacturer's instruction manual, may cause interference to radio communications. These limits are designed to provide reasonable protection against harmful interference in a residential installation. Notice: The FCC regulations provide that changes or modifications not expressly approved by Radiancy Inc. could void your authority to operate this equipment.

Manufacturer

Radiancy Israel Ltd. 5 Hanagar Street
4527708 Hod Hasharon Israel

European Representitive

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Manufacturer's declaration for electromagnetic compatibility (EMC) for the Kyrobak according to EN 60601-1-2:2007
(Tables 1, 2, 4 and 6)

Table 1

Guidance and manufacturer's declaration – electromagnetic emissions – Kyrobak		
The Kyrobak is intended for use in the electromagnetic environment specified below; The customer or the user of the Kyrobak should assure that it is used in such an environment.		
Emissions test	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11	Group 1	The Kyrobak uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The Kyrobak is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Class A	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Complies	

Table 2			
Guidance and manufacturer's declaration – electromagnetic immunity – Kyrobak			
The Kyrobak is intended for use in the electromagnetic environment specified below; The customer or the user of the Kyrobak should assure that it is used in such an environment.			
Immunity test	IEC 60601-1-2 Test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floors should be wood, concrete or Ceramic tile. If floors are covered with synthetic material, the relative humidity Should be at least 30 %.
Electrical fast transient/burst IEC 61000-4-4	±2 kV for power supply lines ±1 kV for input/output lines	±2 kV for power supply lines Not Applicable	Mains power quality should be that of a typical public low-voltage power supply network that supplies buildings used for domestic purposes, commercial or hospital Environment.
Surge IEC 61000-4-5	±1 kV differential mode ±2 kV common mode	±1 kV differential mode ±2 kV common mode	Mains power quality should be that of a typical public low-voltage power supply network that supplies buildings used for domestic purposes, commercial or hospital Environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5 %UT (>95 %dip in UT) for 0,5 cycle 40 %UT (60 %dip in UT) for 5 cycles <5 %UT 70 %UT (30 %dip in UT) for 25 cycles <5 %UT <5 %UT (>95 %dip in UT) for 5 s	<5 %UT (>95 %dip in UT) for 0,5 cycle 40 %UT (60 %dip in UT) for 5 cycles <5 %UT 70 %UT (30 %dip in UT) for 25 cycles <5 %UT <5 %UT (>95 %dip in UT) for 5 s	Mains power quality should be that of a typical public low-voltage power supply network that supplies buildings used for domestic purposes, commercial or hospital Environment. If the user of the Kyrobak requires continued operation during power mains interruptions; it is recommended that Kyrobak be powered from an uninterruptible power Supply or a battery.
Power frequency (50/60 Hz)magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical public low-voltage power supply network that supplies buildings used for domestic purposes, commercial or hospital Environment.
NOTE: UT is the a.c. mains voltage prior to application of the test level.			

Table 4			
Guidance and manufacturer's declaration – electromagnetic immunity – Kyrobak			
The Kyrobak is intended for use in the electromagnetic environment specified below; The customer or the user of the Kyrobak should assure that it is used in such an environment.			
Immunity test	IEC 60601-1-2 Test level	Compliance level	Electromagnetic environment - guidance
Conducted RF IEC 61000-4-6 Radiated RF IEC 61000-4-3	3 Vrms 150 k Hz to 80 MHz 3 V/m 80 MHz to 2,5 GHz	3 Vrms 3 V/m	Portable and mobile RF communications equipment should be used no closer to any part of the Kyrobak, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance d = 1.17√P d = 1.17√P 80 M Hz t o 800 MHz d= 2.34√P 800 MHz t o 2,5 GHz where P i s the maximum output power rating of the transmitter in watts (W)according to the transmitter manufacturer and d is the recommended separation Distance in meters (m). Field strengths from fixed R F transmitters, as determined by an electromagnetic site survey ,a should be less than the compliance level in each frequency range .d Interference may occur in t he vicinity of equipment marked with the following symbol:
NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies. NOTE 2 These guidelines may not apply in all situations .Electromagnetic propagation is affected by absorption and reflection from structures objects and people.			
a Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the Kyrobak is used exceeds the applicable RF compliance level above, the Kyrobak should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the Kyrobak. b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.			

Table 6

Recommended separation distances between
portable and mobile RF communications equipment and the Kyrobak

The Kyrobak is intended f or us e in an electromagnetic environment in which radiated RF disturbances are Controlled. The customer or the user of t Kyrobak can help prevent electromagnetic interference by maintaining a minimum distance between port able and m obi le RF communications equipment (transmitters)and the Kyrobak as recommended below, according t o t he maximum out put power of t he communications equipment

Rated maximum output power of transmitter Watts [W]	Separation distance according to frequency of transmitter Meters [m]		
	150kHz to 80MHz $d = 1.17\sqrt{P}$	80MHz to 800MHz $d = 1.17\sqrt{P}$	800MHz to 2.5GHz $d = 2.34\sqrt{P}$
0.01	0.12	0.12	0.24
0.1	0.37	0.37	0.74
1	1.17	1.17	2.34
10	3.7	3.7	7.4
100	11.7	11.7	23.4

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.
NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects, and people.

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For videos and tips on how to
use Kyrobak visit our website at:

www.HowToKyro.com

For further assistance
contact our customer support:

888.998.4713

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